

English Version

2026 WORLD TRIATHLON CHAMPIONSHIP SERIES

YOKOHAMA

AGE GROUP RACE BRIEFING

SD/SP/RELAY



World Triathlon
Championship Series
Age Group
YOKOHAMA 2026



WELCOME TO
World Triathlon Championship Series

YOKOHAMA

PARTNERS



FOUNDATION



HOST CITY



FEDERATION



- 1 . If you have any questions, please contact to LOC by E-mail
- 2 . If you have any personal questions, please visit the counseling booth on 16th 16:00~18:00 adjacent to the transition zone.



World Triathlon
Championship Series
YOKOHAMA
2026



- Contents
- Staffs
- Competition Jury
- Pre-delivery
- Schedule
- Courses
- Flow on the race day
- Registration time
- Swim warm up
- Swim start~Swim course
- Transition~Bike
- Run~Finish
- Record & Medal ceremony
- Evacuation
- Weather forecast

- 1 . Details are on the **Athlete guide** below.
<https://yokohamatriathlon.jp/wts/>
- 2 . The race follows the Triathlon Japan competition rules.
https://www.jtu.or.jp/wordpress/wpcontent/uploads/2026/02/Triathlon_Japan_Competition_Rules_202602.pdf
- 3 . There are quiz in the QR check in system.



Team Leader (TL)
**Eiichi
Shimizu**



Technical Delegate (TD)
**Koji
Koganezawa**



Medical Delegate (MD)
**Ryoji
Kasanami**



Head Referee (HR)
**Keiichiro
Niitsu**



Representative
Of TRIJ
Shin Otsuka



Representative
Of KnTU
Eiichi Shimizu



Technical Delegate
Koji Koganezawa

Pre-delivery

1. Wrist band (1 piece)



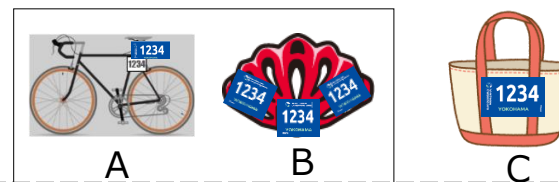
2. Race number (1 sheet)



Use your
number belt



3. Race number seal
(5 sheets)



4. Body number seal (3 sets)
Swim cap (1 piece)



On both your upper
Arm sides



On your
swim cap
(one side)

5. Health check sheet
(1 sheet)



6. Others
Plastic Bag (1 piece)

For the athletes who will participate in the event
from abroad, Please receive your goods

(wrist band, race number, race number seals, body number seals , health check sheet, FES tickets and plastic bag)

at the **transition area** on the day before the race
day or at the **registration tent** on the race day.

Caution !

Wearing your triathlon wetsuits is mandatory!

Thickness < 5mm



OK



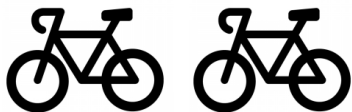
OK



NG

16th (Sat) | The day before the race day

時間	内容	会場
9:00 – 17:00	Yokohama Triathlon Festival (Hamatora FES) 【Race package distribution】	Yamashita park (transition area)
15:00 – 18:00	Consultation counter open	Yamashita park (transition area)
15:00 – 18:00	Mechanic service	Yamashita park (transition area)
15:00 – 18:00	Bike check in	Yamashita park (transition area)



Strongly recommended

Overall Schedule

17th (Sun) | Race day

時間	内容	場所
6:00-	Age grouper registration (Separated according to the waves)	Yamashita park (glass area)
6:00-	Transition open (Separated according to the waves)	Yamashita park (transition area)
6:00-12:00	Mechanic service	Yamashita park (transition area)
6:00-15:10	Bag drop	Yamashita park (transition area)
6:00-	Submission of the health check sheet	Yamashita park (Athlete waiting area)
7:00	Traffic control start	FOP
7:15	Age paratriathlon start	FOP
8:00-	Standard distance start	FOP
9:00-16:30	Yokohama triathlon festival Race package distribution	Yamashita park Expo area
8:30-	Bike pick up (Separated according to the waves)	Yamashita park (transition area)
8:40-	Relay team reception	Yamashita park (glass area)
9:00-	Sprint distance registration	Yamashita park (glass area)
10:20-	Relay start	FOP
11:10-	Sprint distance start	FOP
13:20 (TBD)	Bike course traffic control release	
14:00 (TBD)	Run course traffic control release	

Race Course

Traffic on the left for bike and run segments

Standard/Relay

Swim : 2 laps

Bike : 6 laps

Run : 2 laps

Sprint

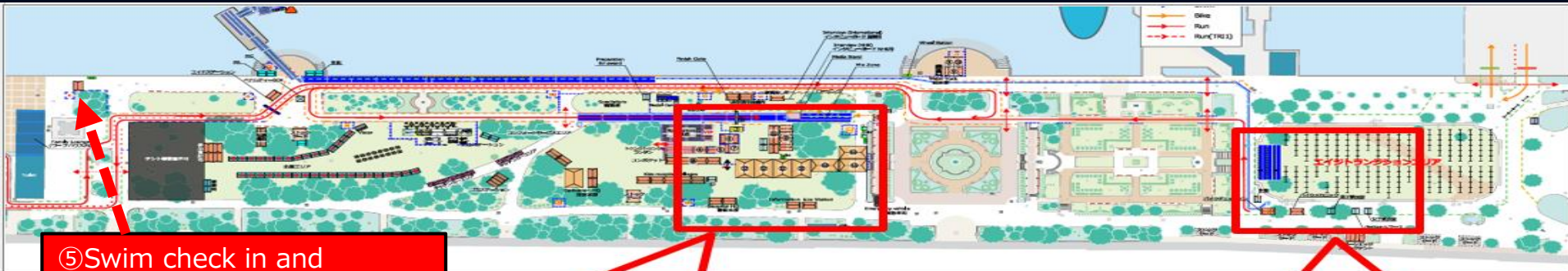
Swim : 1 lap

Bike : 3 laps

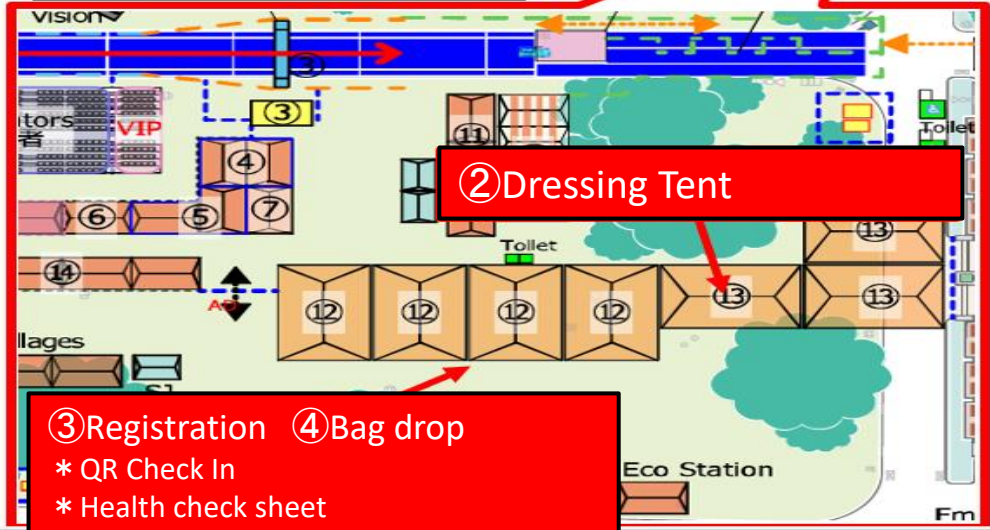
Run : 1 lap



Race Day Procedure

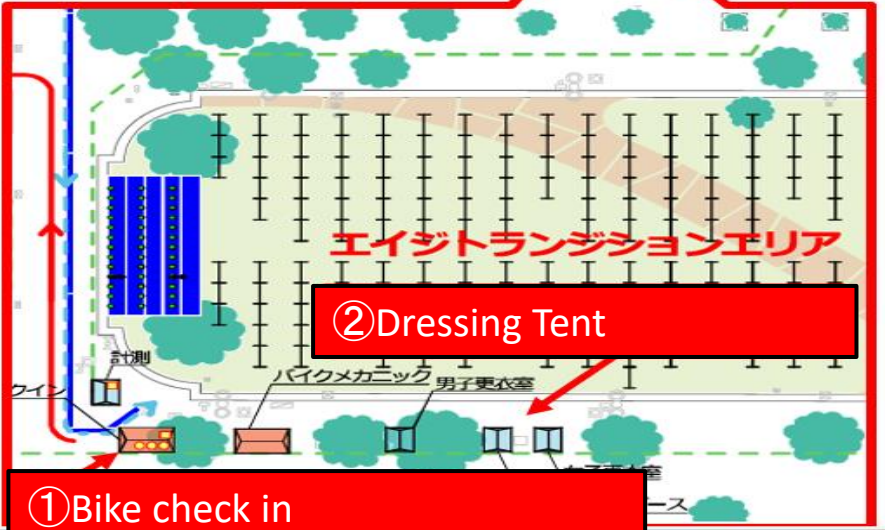


⑤ Swim check in and sensor chip distribution



② Dressing Tent

③ Registration ④ Bag drop
* QR Check In
* Health check sheet



② Dressing Tent

① Bike check in
Transition setting

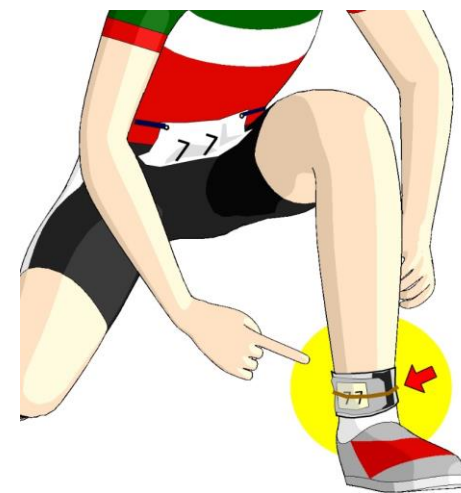
① Bike Check-in Transition Setting

Wear your helmet



⑤ Swim check in Sensor chip distribution

- * Don't forget your swim cap
- * Wear your sensor chip on your ankle



Reception Schedule

Group	Start Wave	Setting Time	Swim Check In
TRI Group	TRI	6:00 – 6:15	6:45 – 7:00
A Group	Wave1 – Wave3	6:00 – 6:50	7:20 – 7:35
B Group	Wave4 – Wave6	7:00 – 7:50	8:25 – 8:40
C Group	Wave7 – Wave10	8:00 – 8:50	9:25 – 9:40
D Group	Wave11 – Wave15	9:00 – 9:50	10:30 – 10:45

*** 700m from the transition to the swim check in.**

*** Don't leave your triathlon wetsuits(mandatory) , Goggles and health check sheet.**

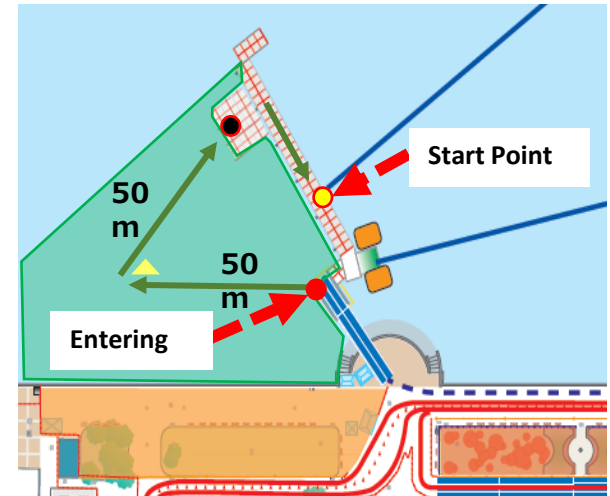
- * Swim warming up is **mandatory**.
- * 100m warming up.
- * After the warming up, directly go to the start point.



Before the warming up

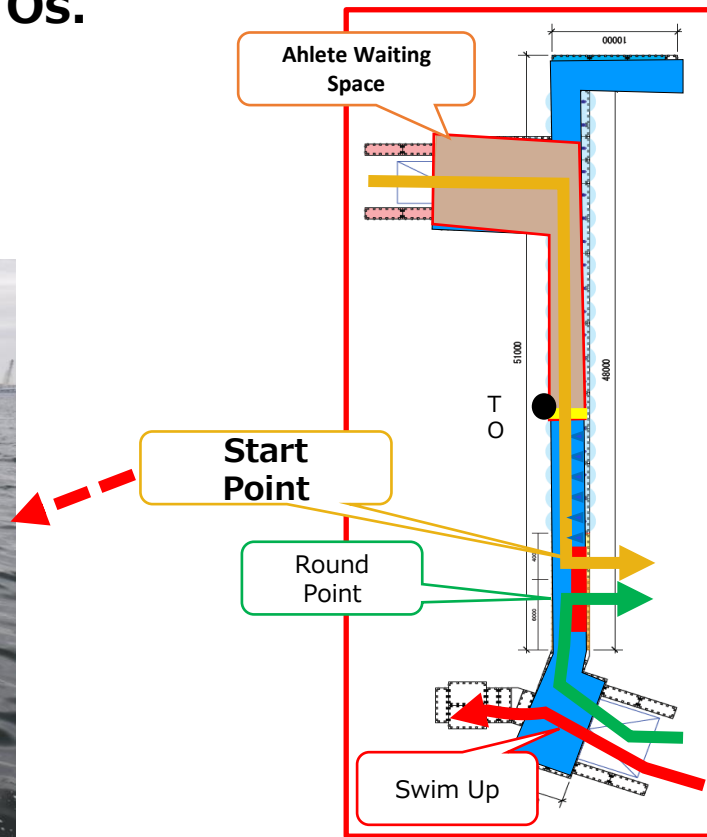


Entering position (Stairs)



Swim Start

- * 3 person by 5 seconds following the TOs.
- * Timing will start when you are on the black timing mat.
- * Drop into the water from your foot.
- Diving is not allowed.**



Swim Course

Time Limit

* Standard

1st lap : 22'30" (point A)

Swim finish : 45' (point B)

* Sprint

25' (point B)

* Notice

Time over in the swim section might be realized **after your finish.**

Swim Skip System

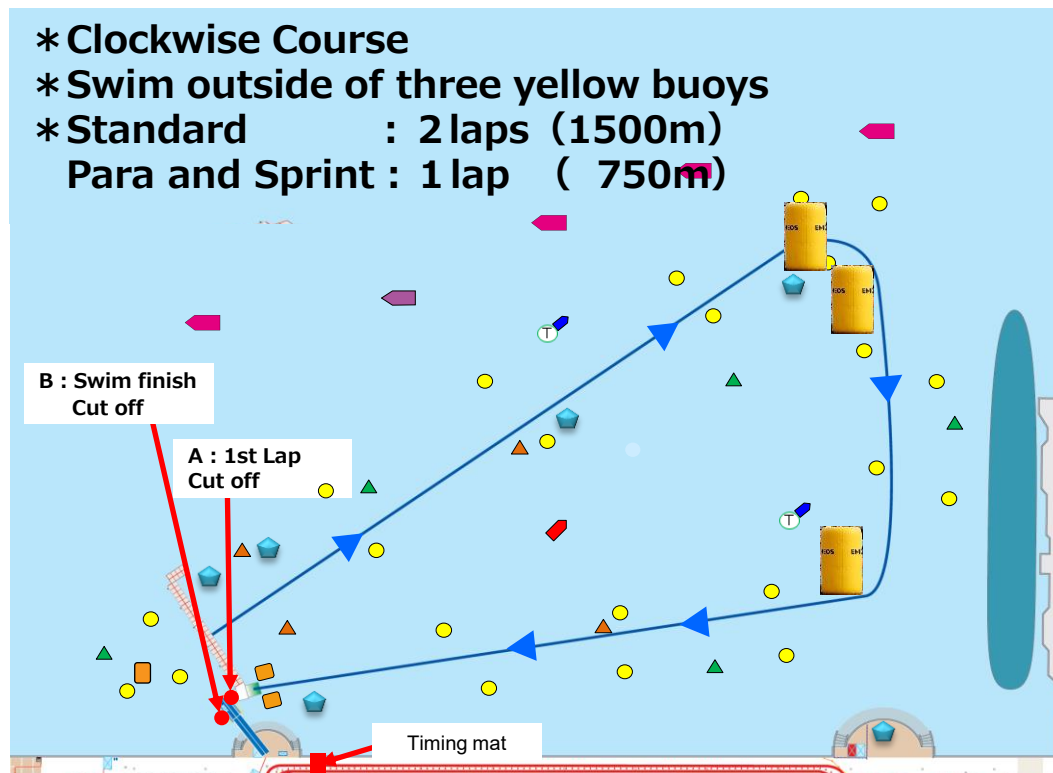
* You can cancel your swim segment until you finish your warming up segment.

* Clockwise Course

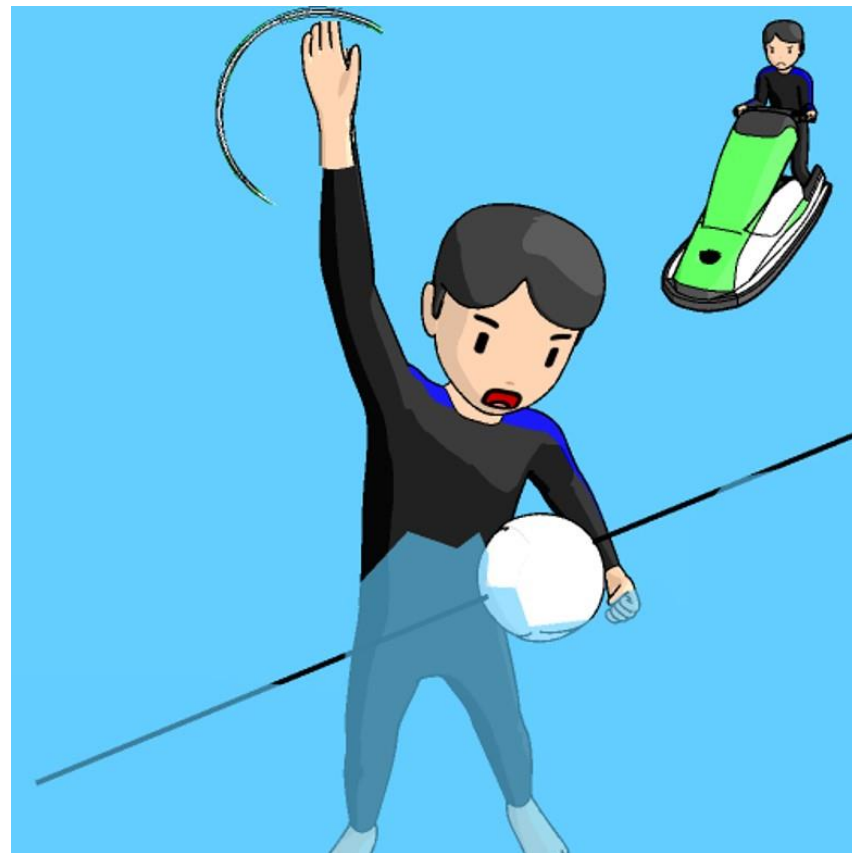
* Swim outside of three yellow buoys

* Standard : 2 laps (1500m)

Para and Sprint : 1 lap (750m)



*** If you feel something wrong in your body condition , ask the life savers on the sea waving your hand.**

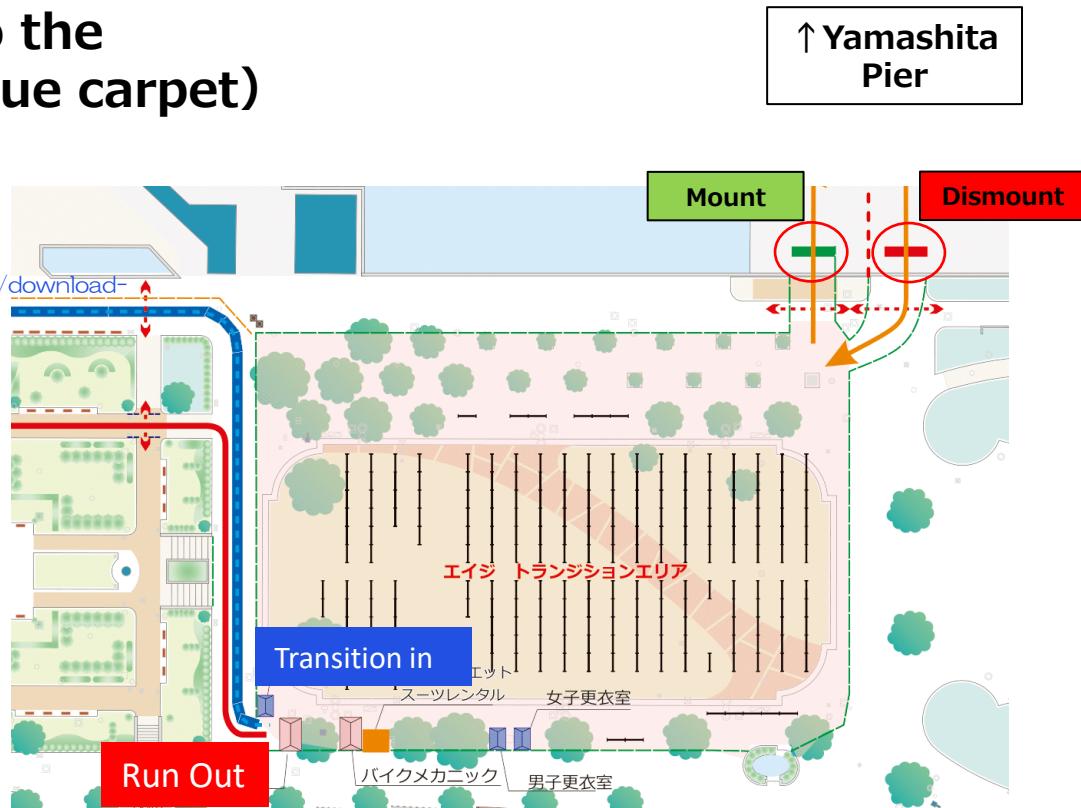
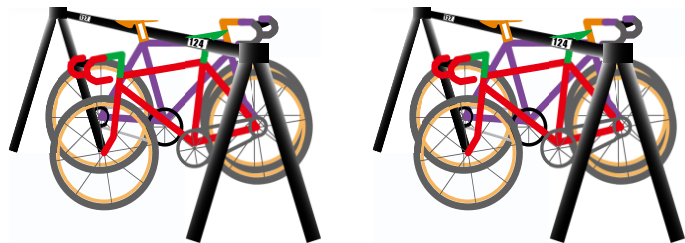


Transition

* 400m from the swim finish to the transition (running on the blue carpet)

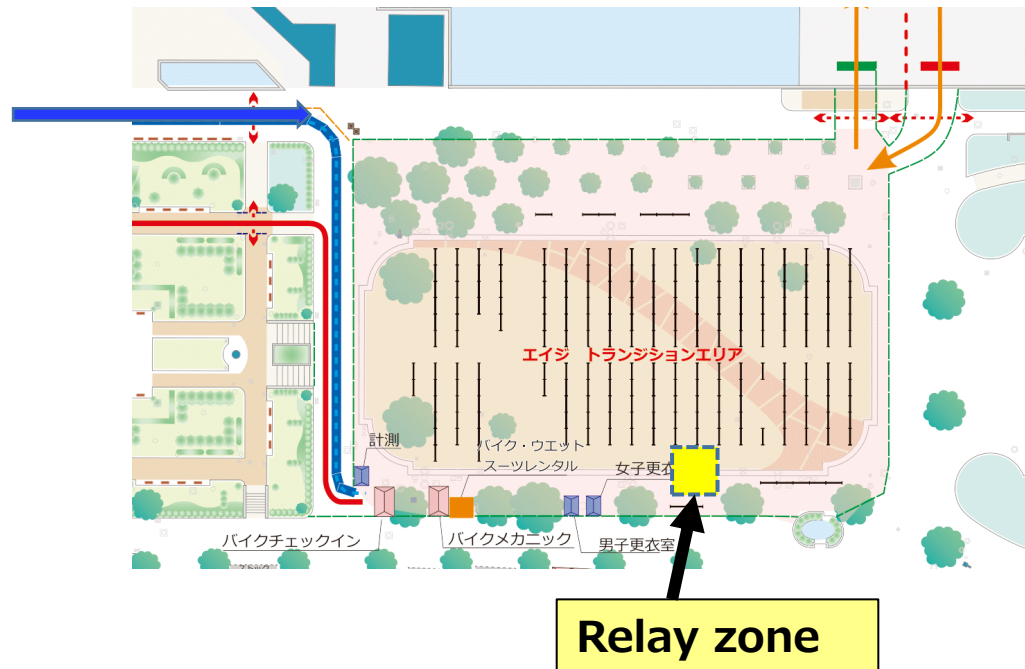
* Please refer to the competition rules below if you are not sure.

<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://cms.triathlon.org/download-file/world-triathlon-competition-rules-2026>



Transition(Relay)

- * Relay zone
- * Pass your sensor tip to your next part athlete.



Mount & Dismount



Mount:
Riding on your bike after passing the green line



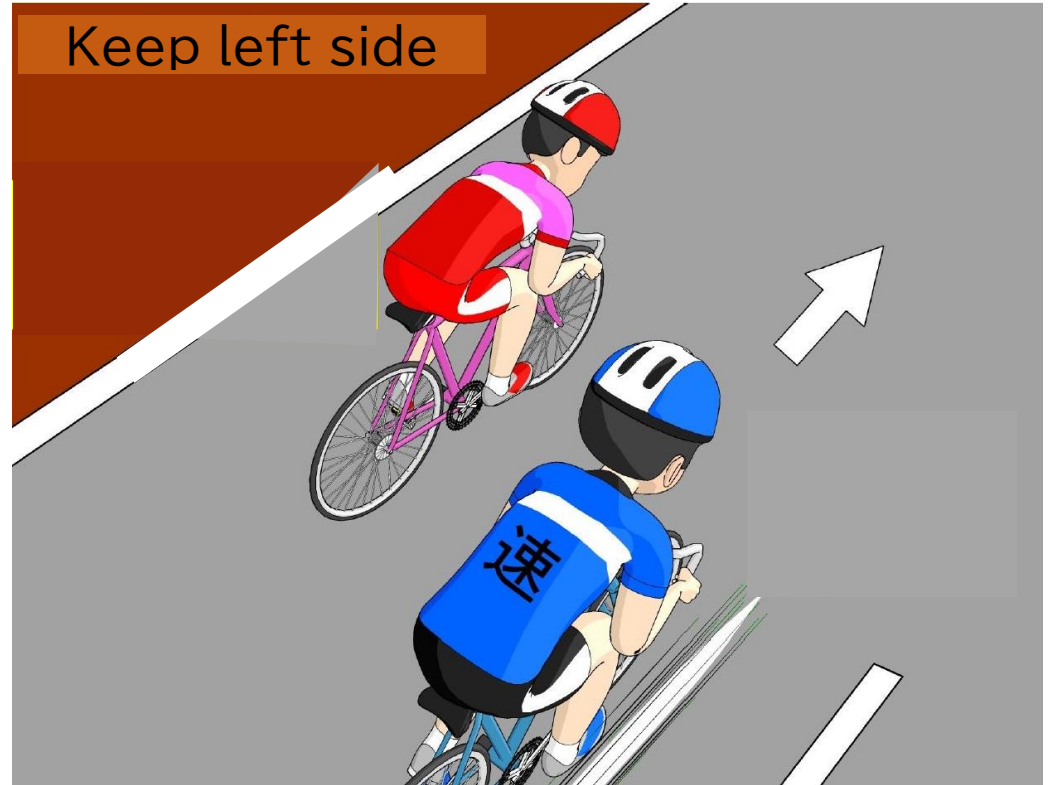
Dismount:
Get off your bike before the red line

- * Drafting is **prohibited**.
- * In case of emergency, **ambulances** have the priority.
- * When quitting your race, pass your sensor chip to **nearby TOs**. Push back your bike to the transition using the **sidewalk**.
- * We will close the bike course at 12:35. The gate will be set at the entrance of the Yamashita pier.



- * Standard : 6 laps (40km)
- * Sprint : 3 laps (20km)

- For your safety ride,
1. Keep left side
 2. Hold handlebars



Bike Manner-1

1. In case of bike to bike accident
2. In case of bike to spectator accident



※ **Human Life First.**

Please take care of the partner.

※ Find nearby TO and obey his/her advice



法律事務所MIRAIO H/P




Manner- 2

- * **Do not litter**
while you are on your
bike.



Run(left-side traffic)

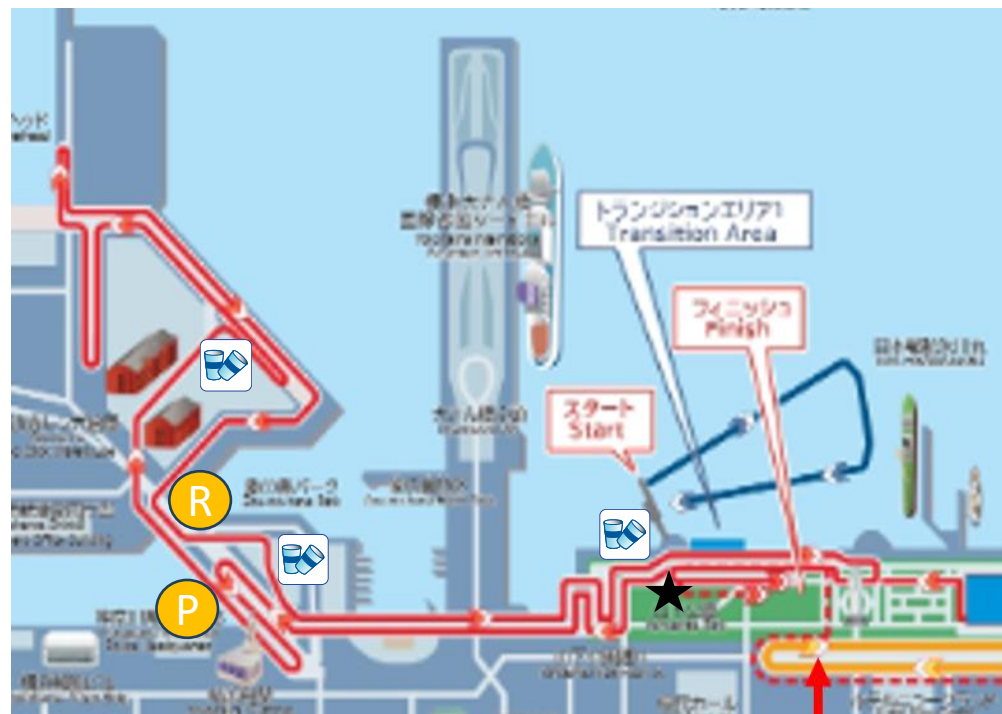
- * Standard : 2 laps (10km)
- * Para and Sprint : 1 lap (5km)

- * Three Aid Stations 
- * The Penalty Box is at the beginning of the finish shoot. ★

Time Limitation

- * Finish
 - Standard : 3hrs45min after your start
 - Para,Sprint : 2hrs after your start

- * On the run course (Traffic Control Limit)
 - P point 13:30
 - R point 13:50



Safety

※ Take enough water



Manner

※ If you find an athlete in bad condition, please contact to staffs.





Running on the promenade.



Running along the rose garden.

Three Points

- ① Take of your sunglasses
- ② Show your number
- ③ Smile

Notice

- * Accompany finish is not allowed
- * **Take of your sensor tip by yourself** and put into the box prepared.

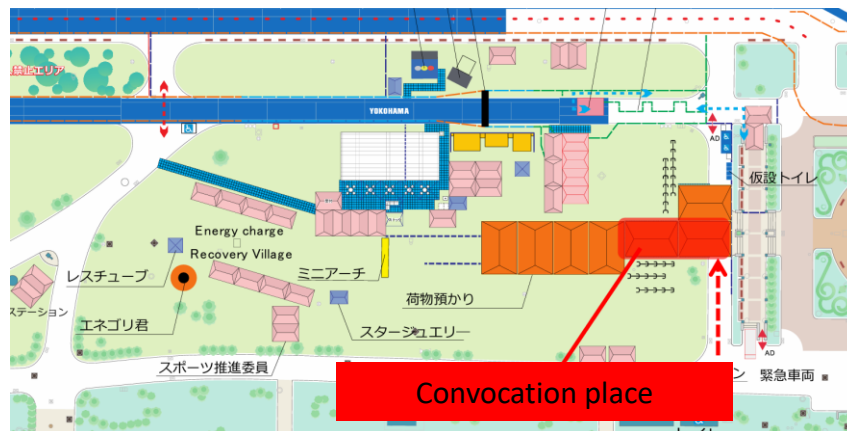


The unforgettable moment

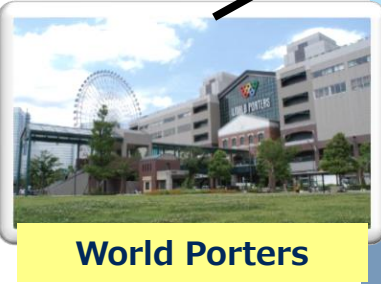
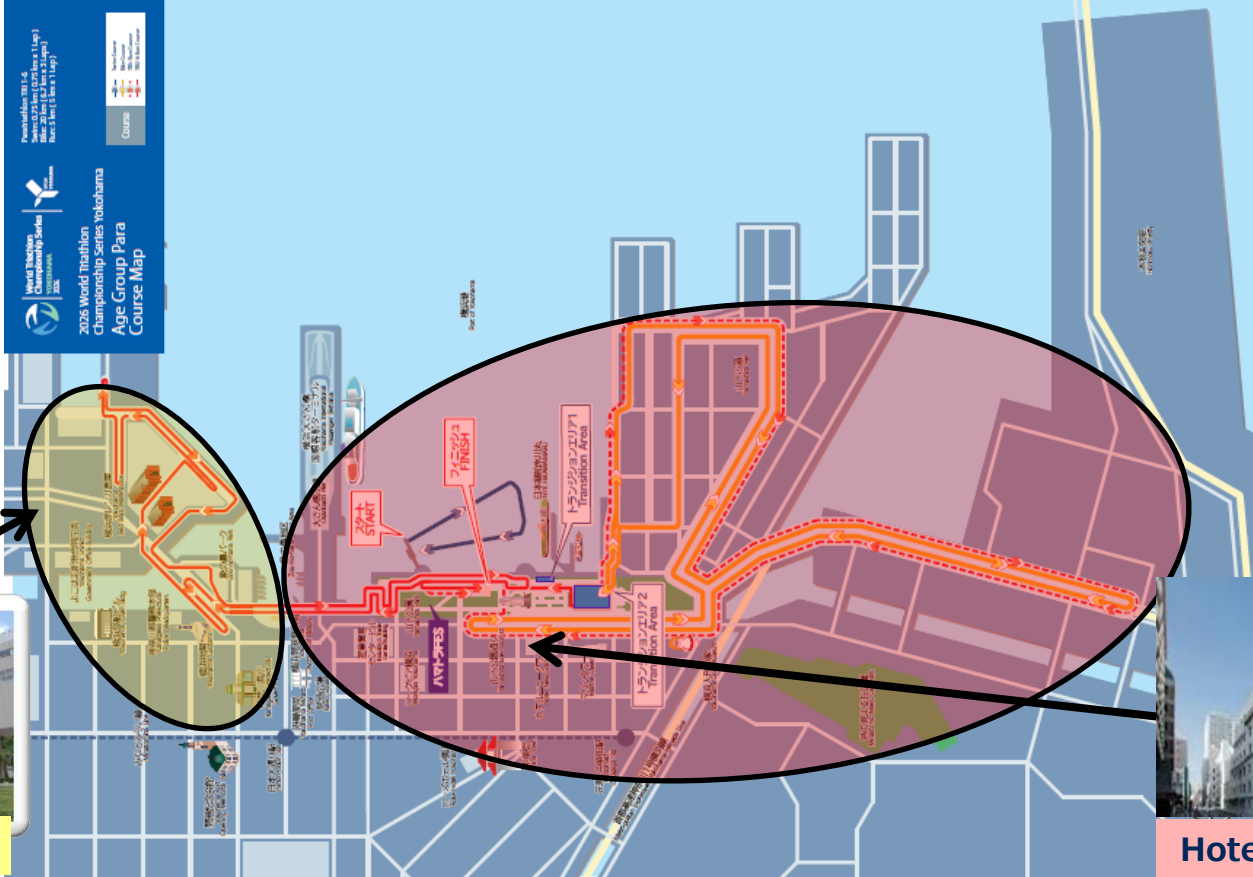
Date	17th May (Sun) After starting the competition (Continuous Updating)
Tentative Result	<ul style="list-style-type: none">● Below App. 「SYSTEMWAY」 URL : will be update on the event web page
Notice	<ul style="list-style-type: none">● No paper result.● The data on the 'SYSTEMWAY' is tentative.● No distribution of your result on the race day. You can download your result and certificate later from the event HP.● The result of DNF needs time.

Medal ceremony

Date	17th May (Sun) 14:00~
Location	Next to the finish area ※Meeting Place : Check the map below
Time	【Standard】 14:00 【Sprint】 14:30 【Relay】 14:50
Process	<ul style="list-style-type: none">●After checking your result by 「SYSTEMWAY」、please come to the area below.●Only for medalist for the area.
Notice	Standard: for every 5-year increments, Sprint :for every 10-year increments, Para and Relay :each category 1st to 3rd winner will be awarded.



Evacuation Plan (Tsunami, Thunder)



World Porters



Hotel New Grand

Past weather data

	Air Temp.	Water Temp.	Weather
2025	24.2 °C	19.2 °C	Cloudy/Fine
2024	20.6 °C	18.7 °C	Fine
2023	20.3 °C	19.1 °C	Cloudy

Let's enjoy triathlon with us



PARTNERS



SUPPORTERS

